

EUROPE

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Your essential daily news | MONDAY, JULY 18, 2016

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U.S. sees the death of three more officers metroNEWS

The violence is an opportunity for Trump to offer fascist consolations metroVIEWS

Pilot dies at Air Show

Bruce Evans' plane nose dived during Sunday show



Jeremy Simes For Metro | Calgary

A Calgary pilot has died after his plane crashed during the Cold Lake Air Show on Sunday afternoon.

Bruce Evans, who was flying a T-28 Trojan aircraft, died after his plane nose dived during his performance around 2 p.m. on Sunday, according to 4 Wing spokesman Matthew Strong.

"4 Wing emergency services responded to the situation immediately and upon securing the scene discovered Mr. Evans was killed as a result of the crash," Strong said in an email.

"4 Wing and CFB Cold Lake

and the Cold Lake Air Show express our condolences to the family, friends and loved ones of Mr. Evans."

"I saw the plane nose dive after some manoeuvres but, instead of pulling up, it just went directly into the ground by some tents, in a puff," said witness Ken Kimpton. "A tragic end to an otherwise perfect day."

Evans, a geologist, purchased the T-28 Trojan in 2007, according to the Air Show's website.

(Evans) holds an Airline Transport Pilot Licence with Instrument Rating, a T-28 Endorsement, and a low level aerobatic clearance to 250 feet," the website read. "Throughout his career Bruce has accumulated over 4100 hours of flight time experience."

Strong said 4 Wing has initi-

ated an investigation.
"But primarily, we are providing support to Mr. Evans' team and loved ones, and ensuring our Air Show visitors are on their way home safely and securely," Strong said.

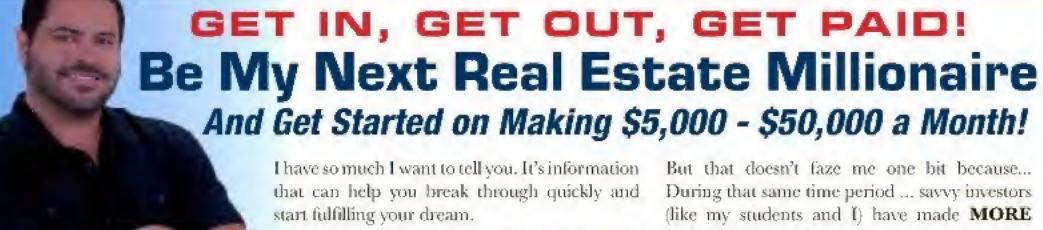
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METHINEWS !

Your essential daily news

Calling all Canadians: You can now officially catch 'em all. Canada

EMILIO PERDOMO CASE

Police put duo at risk, lawyers allege



Jeremy Simes For Metro | Calgary

The lawyers of two people formerly sought by police say their clients were wrongfully put at risk after police issued an "unnecessary" and "disingenuous"

news release regarding their connection to the death of a five-year-old boy in 2015.

On Thursday, Calgary police said they were on the hunt for Carolina Del

Carmen Perdomo and Allan Edgardo Perdomo Lopez, relatives of Emilio Perdomo, who died of his injures in July 2015 after he was brought into the Alberta Children's Hospital.

But the lawyers representing Carolina and Allan alleged police issued the news release after the Perdomos set up an arrest by appointment.

According to Brendan Miller, who's representing the

Perdomos with Jay Wilkins, Calgary police declined the Perdomos' request to turn themselves in to the Victoria Police Department or RCMP, as they were vacationing in the B.C. capital.

"The police were advised that the Perdomos obtained an immediate flight that day and

would be home at 8 p.m.," Miller wrote in an email. "Despite them coming home and being here, the police said they did not need to see them until Fri-

day morning."

Friday morning.
Brenden Miller

The police said

they did not need

to see them until

Miller said the Perdomos turned themselves in on Friday at CPS headquarters, but were later released without charge.

The police then never informed the public that the pair never fled Calgary and that they attended CPS headquarters, he said, adding they were swarmed by CTrain passengers seeking to have them arrested.

Police were unavailable for comment on Sunday.



Police issued this photo of Carolina Del Carmen Perdomo and Allan Edgardo Perdomo Lopez on Thursday. COURTESY CPS

Mom and daughter remembered at vigil

COMMUNITY

Sara Baillie, little Taliyah, honoured and mourned



Brodie Thomas Metro | Calgary

The rain cleared in Sandstone Park just before 7:30 p.m. as several hundred people gathered to celebrate the lives of Sara Baillie and her five-year old daughter Taliyah on Sunday.

Sara was found murdered early last week and an Amber Alert had been issued for Taliyah a short time later. After two days, the Amber Alert was called off as the body of Taliyah was found east of Calgary.

Police have since charged Edward Delten Downey, 46, who also goes by Edward Simmonds, with first-degree murder in relation to their deaths.

At the vigil, organizers handed out bottles with bubble soap and wands, each with a custom label showing a photo of the pair. Baillie's friend Jennifer Vonavka explained that the location for the vigil had been carefully chosen, because they wanted to have it in a place that represented families and fun.

"Parks are for families," she said. "We wanted to celebrate



A child reaches for a candle at a vigil held in Sandstone Park Sunday evening for Sara Baillie and her daughter Taliyah Marsman, both found dead last week, вкометном АБ/МЕТВО

it with bubbles — they float they're happy. They represent joy in children that Taliyah had."

Among the hundreds who had gathered was one mother who knows the pain of losing a child.

Shelly Jones, mother of murder victim Lacey Jones-McKnight, said it was her turn to show support to other family members in need.

"There are few things that

have helped me though this nightmare and one of them is the love and support from everybody, including complete strangers, knowing how my daughter's death touched so many lives," said Jones.

She added that on dark days, sometimes that support is the only thing that keeps her going.

Vonavka described how she had first met Sara at a party when they were teenagers, and how she watched her grow into the loving mother who worked so hard to provide for Taliyah.

She described how Sara volunteered as a soccer coach on Taliyah's team last year.

"It's not fair and I can't wrap my head around it. (Taliyah) was a beautiful little girl and she deserved so much more than that," said Vonavka. "All we can do now is pray that there's justice served."

Are you a Crohn's disease patient in remission?

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Dr Maitreyi Raman, MD, MSc, FRCPC Clinical Associate Professor University of Calgary FACULTY OF MEDICINE

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For more information and enrollment* PLEASE CONTACT: Mahzabin Ferdous Phone: 403-592-5231, Email: mahzabin.ferdous1@ucalgary.ca

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Calgary | metr@NEWS Monday, July 18, 2016

CALGARY HEROES Ordinary people doing extraordinary things

How transplanting country roots to the city bore fresh fruit

VOLUNTEERING

Don Phillips sows the seeds of community all over again



Jennifer Friesen For Metro

Don Phillips describes his hometown as having a population of 65 ... if you factor in the cats and dogs.

Although it was small in size, the farming community of Cardale, Man., taught him everything he needed - including the value of giving.

The heart was a big idea there," he said.

"Absolutely everything in the community came from volunteers: the baseball diamonds, hockey rinks, curling rinks, Scouts, Brownies. So my entire existence — everything I had, really — came from those volunteers."

In 2001, he said the time had come to "pay that back, and to give back."

So he walked into the Winston Heights/Mountview Community Association's general meeting and volunteered to be treasurer. Since that day, he's been a part of raising and spending almost \$1 million to rebuild community spaces in the neighbourhood.



The community garden in Winston Heights/Mountview was the vision of Don Phillips and his wife, Stephanie. JENNIFER FRIESEN/FOR METRO

"The community association was effectively bankrupt at the time," said Phillips. "So there was a community meeting to make the decision of whether or not to give the keys back to the city and shut it all down

... but we decided to try and do something, and the ship got turned around."

Despite working full-time running his own tax business, Phillips and the rest of the community association team have spent the past 15 years building three playgrounds, completely renovating the community hall and building a massive community garden.

Phillips started the community garden with his wife, Stephanie. It took two years of planning and another two years to build, but today it's filled to the brim with produce. The garden even includes 50 garden beds, a free little library and raised planters so they're accessible for residents in wheelchairs.

"It was a vision of what kind of an asset it could be for the community," said Phillips. "You can sit there and see

who comes by, and just talk wasted space."

Phillips will be the first to say that it was all a group effort. With the help of more than 100 other people involved in the community association — every one volunteering their time - the neighbourhood has been transformed into a meeting place.

"We all have the power of one," Phillips continued. "What we do may seem little, like it's no big deal, but eventually enough of those add up to staggering accomplishments."

and visit. That's the legacy of it - not the individual gardeners getting their vegetables, but that intrinsic part of it, and that beauty of a former

> In 2013, Phillips was awarded the Queen's Award in recognition of his community service. But, for him, it's not about the accolades, it's about meeting new friends, having others enjoy the new spaces and seeing a little bit of his hometown's country spirit in

Don Phillips joined the Winston Heights/Mountview

community association in 2001. JENNIFER FRIESEN/FOR METRO

"At the end of the day, the reward isn't what people say,

the city.

or pats on the back," said Phillips. "The reward is when you sit back and say, 'That was a good thing."



Do you know a Calgary Hero? Tell us by emailing calletters@metronews.ca



What we do may seem little ... but eventually enough of those add up. Don Phillips



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MILD WINTER

City saved millions in snow clearing

For the second winter in a row, Calgary was able to provide snow clearing under budget — but they certainly had help from Mother Nature.

According to city documents, Calgary saw 58.2 centimetres of snow through the 2015-2016 winter, which was just under half the average snowfall over the past five years.

Given the mild winter, Calgary spent \$30.8 million on snow clearing services, or about \$8.89M

The amount the city now has in the Snow and Ice Control Reserve Fund.

\$6 million less than the previous winter.

Coun. Shane Keating, chair of the city's transportation and transit committee, said the sav-

ings will be put away for a rainy
— or rather a snowy day.

"It goes into a reserve fund for when we have a bad winter. And then they dip into that reserve fund if they go over budget."

The city now has \$8.89 million in the Snow and ice Control Reserve Fund at the ready for the next bad winter.

It wasn't just cash saved. The savings in materials were also impressive. The city used 30 per cent less road salt than the fiveyear average — a reduction of 19,769 tonnes off the average.

Maintenance crews also reduced their use of calcium chloride brine by 57 per cent over the five-year average. The brine is applied as an anti-icing agent and the city plans to expand its use after a successful pilot.

This was the second winter in a row no parking bans were required.

BRODIE THOMAS/METRO



Participants in a Black Lives Matter demonstration walked down 17th Avenue Southwest Sunday afternoon.

BRODIE THOMAS/METRO

StandUpYYC joins global protest rally

SOLIDARITY

Group marches in Black Lives Matter demonstration



Brodie Thomas Metro | Calgary

A group of about 30 demonstrators marched down the 17th Avenue SW shopping strip Sunday afternoon to protest the ongoing episodes of police brutality that have been seen in the U.S.

A group calling itself Stand-UpYYC organized the event as part of an international protest that saw people peacefully locking arms as a show of solidarity in cities across Canada and the U.S.

Husband and wife duo Maurice and Tina Mason started StandUpYYC last week and say they are now affiliated with a group called No Justice, No Peace.

Although marching in support of the Black Lives Matter movement. Maurice said his group was not in any way affiliated with the Black Lives Matter Toronto Chapter.

"I saw what happened in the Gay Pride Parade in Toronto, and I don't feel that to be forceful is the way to do it," said Maurice.

"Violence is only going to beget violence," added Tina. "This is a peaceful march."

Maurice noted that the killing on all sides is senseless and condemned the murder of three police officers Sunday in Baton Rouge, La., but said the protest was meant to focus on police brutality.

The march was held on the second anniversary of the death of Eric Garner at the hands of New York police officers. He had been put in a chokehold and died from compression of the neck while being arrested for selling loose cigarettes.

Adrianne Williams brought her young daughter to the march. She said she has many people she knows and loves in the U.S.

"I just think if we all stand together then we can fight injustice in general," she said.

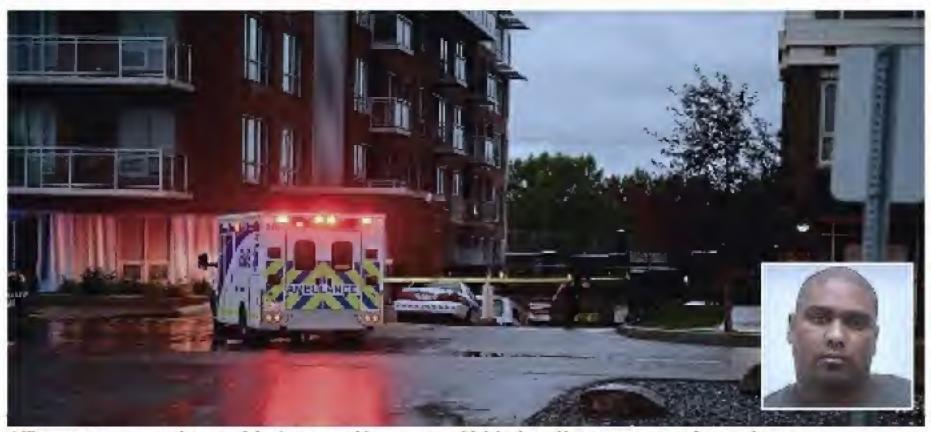
"I think the reason I feel so up in arms is because the issue is getting skirted and black people are systematically dying at a higher rate."

Ryan Bullock said he cannot fathom what is happening in the U.S., and he wanted to show his support for his friends.

"I have friends that are all different races. This is a multicultural province, a multicultural city. I'm here to support all races and equality."



All products place STA Applicate from TREACH ALM MARKET MARKET AND ALTHOUGH AREA STATEMENT AND ALMOST AND ALMO



Officers were seen coming out of the SoBow parking garage, which is shared between two condo complexes. Inset: Sanjay Prasad. HELEN PIKE/METRO (INSET: FACEBOOK)

Man killed by police had a record of violence

LAW ENFORCEMENT

High school friend speaks well of Sanjay Prasad



Jeremy Simes For Metro | Calgary

Sanjay Prasad had a violent criminal history, according to sources, but a friend from high school says he had a heart of gold before his lifestyle took a turn for

Prasad, who was in his 40s, died Friday night and three others were taken into custody after an officer-involved shooting occurred in a parkade in the southeast community of

Around 7:50 p.m. Friday, officers were dispatched to a secure

Counterfeit 50s, 100s found in Airdrie: RCMP

the public about an increase in the usage of

City of Airdrie.

businesses.

Airdrie RCMP are warning

counterfeit currency in the

Police said 50- and

100-dollar Canadian bills

have been used, and the

people passing them off

are often targeting small

The RCMP ask that

business owners take the

steps to check currency

and call the RCMP if they

suspect counterfeits. METRO

parkade at the SoBow building along Inglewood Park SE after reports that four people were prowling vehicles. Police said the complainant told them the same four people had been in the area a few days prior.

The Calgary police can't comment on what transpired after the four individuals entered a carthat was later determined stolen.

But sources have told Metro it's believed the vehicle was being driven directly toward the officers when the weapon was fired, later prompting the Alberta Serious Incident Response Team (ASIRT) to investigate the incident.

Sources said Prasad had a violent past, including domestic assault. However, one of his high school friends - who requested to not have her name published — said Prasad was always there for her when they grew up together in Prince Rupert, B.C.

"He had a solid personality and a heart of gold," the friend said. "He was always one to have your back. I haven't spoken with him in years and am saddened that his lifestyle took such a

Calgary police Chief Roger Chaffin told reporters Friday night the officers involved, who range in experience from two to nine years, are being interviewed by ASIRT regarding the details of the incident.

(Prasad) was always one to have your back. I haven't spoken with him in years and am saddened that his lifestyle took such a turn.

Name withheld by request

"Suffice it to say, when our officers are faced with any situation where they believe they're in a position of grievous bodily harm or death, they respond accordingly, and that's what we'd expect them to do and that's what they did in this response," said Chaffin.

Chaffin said the victim had an extensive criminal history and was well known to police.

He said he stands by the actions of the police officers.

"This is part of the dynamic, difficult things we deal with, and our officers follow their training, they do the best they can to resolve situations peacefully and safely," Chaffin said.

Charges are pending for the three other individuals and they were not injured.

No police officers were injured in the incident.

Anyone with information is asked to call police at 403-266-

WITH FILES FROM HELEN PIKE.

IMMIGRATION

Meeting prime minister a young Syrian refugee's dream



Lucie Edwardson Metro Calgary

Assma Yassin had one dream: to meet Prime Minister Justin Trudeau. And on Saturday, her dream finally came true.

The 17-year-old Syrian refugee, who arrived on the plane from Lebanon carrying a portrait of her hero, met him at Calgary Centre MP Kent Herh's pancake breakfast.

"I met Justin," she said. "I am so happy."

The meeting has been a long time coming. Metro first reported on Yassin's story back in March, explaining how the young artist had painted a portrait of Trudeau with the hopes of meeting him and thanking him for allowing Syrian refugees to find a new home in Canada.

In April, Metro followed up on the story after Yassin received a thank-you letter from the Prime Minister after he got her portrait.

And Friday she narrowly missed meeting the PM at the Genesis Centre pancake breakfast, while her sister was luckier and posed for a selfie with him.

Now, Yassin said she can't believe it finally happened.

"I waited for so long and now I have met Justin and thanked him for the people of Syria," she said.

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IN BRIEF

PCs left to count their pennies

POLITICAL FINANCES

Fundraising is way down as Wildrose earn the biggest pot



Jeremy Simes For Metro | Calgary

Though the next PC leader may not have much cash to work with compared to his or her competitors, the party is assuring the dip in dough won't be the new norm.

The PCs raised \$27,376 during the second quarter that ended June 30, a 74 per cent drop from \$105,436.47 raised during the first quarter ended March 31, according to Elections Alberta.

Duane Bratt, political scientist and professor at Mount Royal University (MRU), said future fundraising for the PCs could be worrisome if Conservative MP Jason Kenney takes the leadership, as members may not want to fork out cash to a party that has a potential



The Wildrose Party raised the most cash funds by individual donors, according to Elections Alberta's second-quarter fundraising report, THE CANADIAN PRESS

by forming a new party.

"It'll be interesting to see how much Kenney raises compared to the PCs," he added. "Not having corporate donations is also hurting them."

Although PC President Kath-

leader looking to dismantle it erine O'Neill said the party is disappointed by the second quarter's lacklustre numbers, she said the party now has a new fundraising team and system in place to fill the warchest.

"We also raised \$100,000 at

AGM, and those numbers don't get put in because they're not considered individual donations," O'Neil said. "We had our single largest fundraiser since our May 5 election."

According to Elections Alberta's second-quarter fund-



It'll be interesting to see how much Kenney raises, compared to the PCs.

Duane Bratt, MRU

raising report, the Wildrose Party raised \$467,131.13, the NDP garnered \$362,824.62 and the Liberals made \$57,561.04.

Roari Richardson, provincial secretary for the Alberta NDP, said the party also raised about \$600,000 at its convention in early June.

"We're all still feeling very energized coming out of Convention and I'm confident that our numbers will stay strong in the next quarter as well," Richardson said.

Lori Williams, also a political scientist and professor at MRU, said the NDP is in healthier shape given the economic downturn.

"The brand of Alberta's oil industry has improved under Rachel Notley's leadership,"

she said. "and I think some people are wondering if that's the way forward."

But Bratt said it isn't surprising the NDP managed to come second in second-quarter fundraising.

"You donate where the power is," he said.

Both Bratt and Williams agreed the Wildrose's strong showing shows the party has a strong base of supporters.

Williams said she the Liberal gain is remarkable, underscoring Liberal Leader David Swann's performance in the legislature.

Overall, though, Williams said the numbers show Albertans are more likely to consider alternatives.

"The good news is that democratic alternatives are becoming healthier," she said. "The bad news is the PCs."

The PCs said the party also anticipates fundraising to increase when a permanent leader is in place.

"We're going into this leadership race and telling what we're up to, and hopefully increasing donations that way," said O'Neil.



METRO ASKS:

HOW DID THIS

COMPARE TO

CANDICE WARD FOR METRO

"This one, you

untouchable."

Chad Hedrick

"I almost did not come this

because of the rain, but came

today because

the weather was

finally good and

always the best."

the last day is

Stampede

can't beat it, it has been

PAST EVENTS?

STAMPEDE

2,300

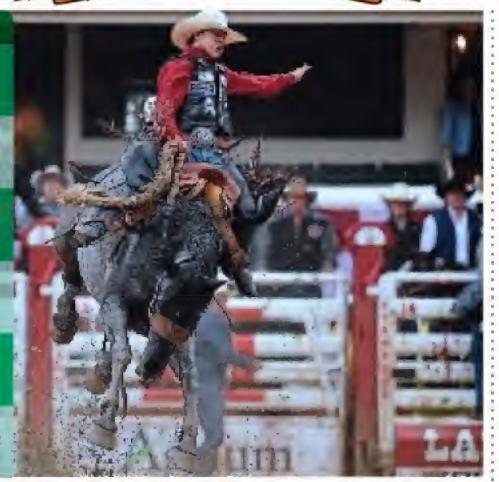
volunteers helped to put on the Calgary Stampede this year.

3,200

employees make the Stampede run.

65K

guests entered Stampede Park between 10 a.m. to 12 p.m. on Sunday morning.



2016 Calgary Stampede

Zeke Thurston from Big Valley, Alta., won the Saddlebronc Championship on Sunday during the Calgary Stampede Rodeo finals, CANDICE WARD/FOR METRO

Stampede spirit shines past rain

CITY EVENTS

Organizers say turnout was excellent despite weather

Candice Ward For Metro | Calgary

It appears the torrential downpours Calgary experienced over the last week or so did not dampen the Stampede spirit.

Despite heavy rain and cooler conditions, Stampede officials were happy with this year's Greatest Outdoor Show on Earth.

"Despite ... those weather issues, Calgarians did come out in droves," says Warren Connell, CEO of the Calgary Stampede.

"Not just to Stampede Park, but we have spent a lot of time in the community, they came out in Calgary to celebrate the Stampede - that was heartwarming."

Connell said this year's event was one of the wettest they have had on record, but the forecast did not accurately reflect the weather that was on Stampede Park — noting that the weather held off for many of the afternoon and evening show performances of the rodeo and chuckwagon races.

Even though the weather may have been less than ideal, Connell said it is hard to drown out the Stampede spirit in Cal-

"I believe it is because we are a great fair, a major music festival, an entertainment venue, and a very important gathering place for the members of the Treaty 7 community, and that is really what it is all about," said Connell.

The Calgary Stampede also



Steven Peebles from Redmond, Ore., waves to the crowd after winning the bareback championship, CANDICE WARD/FOR METRO



Despite those weather issues, Calgarians did come out in droves.

Warren Connell

ran a number of day-of, value promotions to give back to the community.

Both on Thursday and Friday, the Stampede offered \$5 admissions for two-hour windows ; and free admission (from 10) a.m. until 12 p.m.) and cheap rodeo tickets for Sunday.

The Stampede said this was: not planned to drive admission : Inapt Dhaliwal numbers, but to thank Calgar- ; ians for coming out on days ; where it might have dumped rain on them and give them another chance to enjoy the Stampede.

"It was about us trying to figure out how to give back to the : community and how to make : the community understand that we appreciate the efforts that ! they made (to come down)," says Connell.

Bill Gray, Calgary Stampede president and chairman of the board, also commented on the rule changes made to the GMC Rangeland Derby — with no ; substantial animal injuries after nine nights of racing.

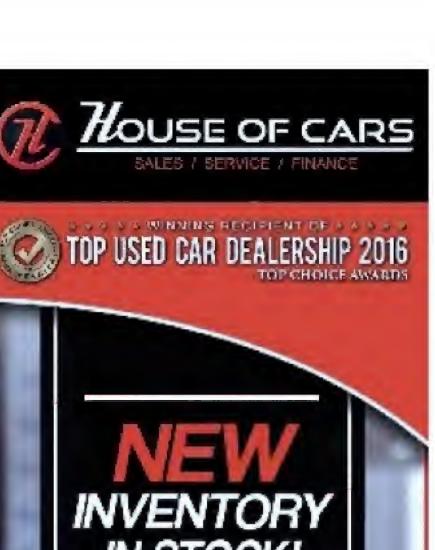
"If the safer riding made it ; any less exciting, I don't think it did," said Gray.

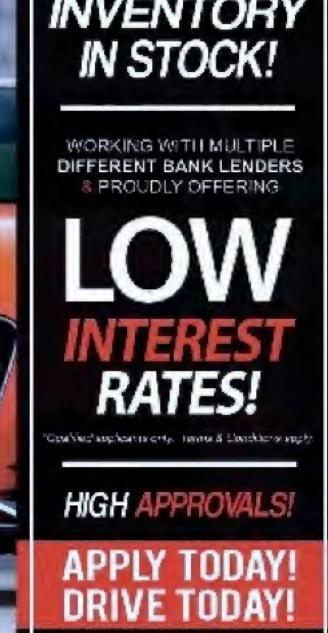
Final attendance numbers : Lauren Donald Were not available at press time. PHOTOS CANDICE WARD/FOR METRO



"I like this one, I like it when it is rainy. Rodeo in the mud ... absolutely."







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More and more Albertans consider themselves self-employed — counting among the 38,000 Canadians who joined those ranks last month, KEVIN TUONG/FOR METRO

Self-employed on rise

ECONOMY

By design, downsizing, more people work on own

Tamara McLean For Metro

These aren't the job increase numbers economists were hoping to see.

About 38,000 Canadians joined the self-employment ranks last month, marking the highest jump in the category so far this year.

In the latest national jobs

survey, Statistics Canada reports nearly 2.8 million Canadians consider themselves self-employed.

Former oil and gas worker Mark Abbot is just one of 52,000 who lost his job in Alberta over the past year.

Just a few months ago he made a good wage with steady hours and benefits. Now he's a short-notice delivery man, using Kijiji as a proxy to earn extra cash.

"When they let me go I immediately started adding up the things I wouldn't be able to pay for," says Abbot, a 10-year veteran in the oil and gas field.

At first finding a steady job seemed attainable, but nearly five months of searching has resulted in few opportunities.

"Sure I'm skilled in a particular area, but it's labour work ... Minimum wage won't pay my mortgage. I feel stuck. What do I do?"

The 35-year-old contemplated going back to school in hopes of gaining a new set of skills, but fears time outside of the workforce may worsen his financial situation.

Although Abbot knows de-



I'm still barely scratching just enough.

Mark Abbot

liveries can't be a long-term solution, tonight it puts food on the table.

"Between employment insurance and my deliveries I'm still barely scratching just enough. I'm hopeful things will turn around and I can go back to what I know, but I can't be too naive, I have to adapt," he says.

Although Statistics Canada says the self-employment trend has been slightly waning year over year since 2014, the need to procure one's own way still looms large for many.

others are making a conscious choice to take control of their personal and professional lives.

"I just couldn't do the 9-5 rat race, it wasn't satisfying," says Kirsten Ireland.

The former government worker packed up her professional life a year ago in favour of launching Sew Fine Fashions, a clothing design and sewing company.

"It's very much a roller-coaster ride, it's not easy."

Ireland is candid about her struggles but firmly believes the risk of branching out on her own will in fact provide long-term security.

"If you have passion and While some are forced to you love what you do, that will find work wherever they can, carry you regardless. Hopefully it will bring me the success that I've been looking for and the fulfilment."

Pokémon Go goes to church



Alex Boyd Metro Edmonton

Some Edmonton churches are embracing a new kind of devotee: fans of Pokémon Go.

In the real world, St. Andrew's Presbyterian sits next to a car lot on 118 Avenue, but in the virtual Pokémon universe, it's a hub for would-be Pokémon hunters, with two PokeStops onsite and a gym nearby.

For the uninitiated, that

means two spots where players can go to get supplies in the app, and one where they can compete against each other.



Mark Chiang "I can sit in ALEX BOYD/METRO

my office and just swipe at them all day long," jokes Mark Chiang, a minister there who's just started playing.

But unlike stories of players wreaking havoc on businesses or public spaces in other cities, Chiang is embracing the players drawn to the church in search of Pokémon.

"It's just a chance to interact with the community, and another way to do it," Chiang said.

"Whether or not people stop and ask questions about faith, that's another thing, but it's a moment where we can engage."

Pokémon Go seems to be using the same locations as Ingress, which means most notable spots within the game are located at historic sites, public art and, yes, places of worship.



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Sexism cited as barrier in municipal politics

Study finds just 23% of local elected leaders are women

Halena Seiferling imagined that, of all political realms, the municipal level would be where women were most represented - in mayors' offices and city council seats across Canada.

None of that onerous travel to and from legislative capitals. The absence of party systems and the partisan vitriol to which they are prone. Issues, from speed bumps to public libraries, closest to neighbourhoods and home.

"People assume that the municipal level is just inherently more accessible for women or more welcoming," the 26-yearold Regina native told Torstar News Service. However, "based

LONDON, U.K.

on the numbers in Canada, that's not reflected."

Seiferling, who led a study at Simon Fraser University for her master's degree in public policy, found that while Canadian women have been legally able to run for political office for almost a century, they "remain severely underrepresented at all levels."

As of 2015, she said, women comprised 26 per cent of legislators at the federal level, 25.7 per cent provincially, and just 23 per cent in municipal gov-

The issue, she found, is not voter behaviour or gender bias. Canadians have shown they will vote for women. The problem, she said, is there are "too few women running for municipal offices in Canada."

And the chief reason for that, she said, is "persistent sexism."

Negative attitudes, sexist comments, and obsession with women's age, appearance and

REPORT

Seiferling's report recommends:

Mentorship programs for young women, pairing them with city councillors. Campaign finance reform to level the playing

Direct provision of campaign funds to women.

communication styles continue to prevail, Seiferling was told by women who have been elected mayor or city councillor.

To help in the challenge of changing culture, Seiferling adopted Prime Minister Justin Trudeau's decision to apply gender parity in appointing his federal cabinet, recommending that municipalities mandate gender equity for all advisory committees and

Such a measure would address "the biggest barrier identified in my research - that of the unwelcoming political culture," she said.

It would ensure that "more women are present in municipal decision-making spaces, which will begin to shift the political culture," she wrote. And it would build skills and experience in women that would likely lead to the confidence, networks and support necessary to pursuing elected positions.

"Having more women involved in municipal decisionmaking spaces, before they even have to be elected, then hopefully the political culture would change a bit more quickly."

Such a measure would address "the biggest barrier identified in my research - that of the unwelcoming political culture," she said.

TORSTAR NEWS SERVICE









Don't worry, Canada — Pokémon Go has finally landed. Now Canadians can officially join people all over the world in catching their virtual reality Pokémon friends. AFP/GETTY IMAGES

AUGMENTED REALITY

Catch 'em all, Canada

Prospective Pokémon trainers can officially download the mobile gaming sensation Pokémon Go in Canada as of Sunday afternoon.

The augmented-reality game launched in the United States, Australia, New Zealand and Japan earlier this month.

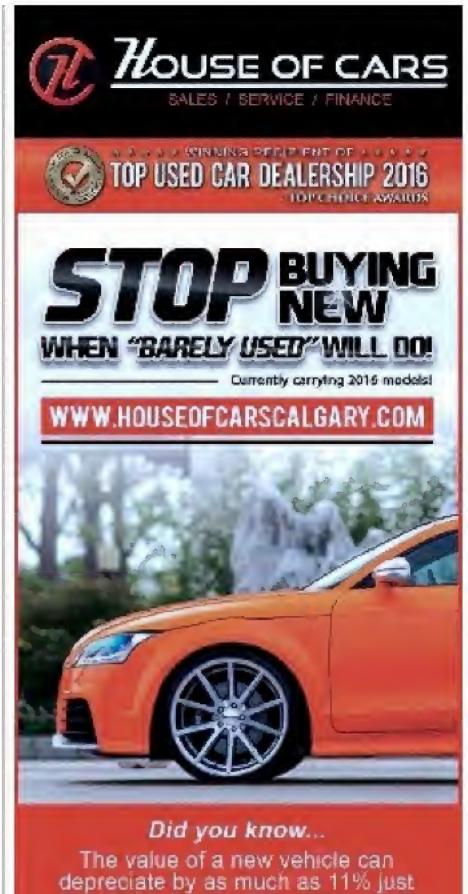
But before Sunday, Canadians had to find workarounds to play the game north of the 49th parallel.

The game sends players into the real world to search for the mythical digital pocket monsters known as Pokémon, who appear onscreen when users hold up their smartphones in various locations at various times of the day.

On Sunday afternoon, it was announced on the app's Twitter page that the game is available for download in Canada on Android and iOS devices.

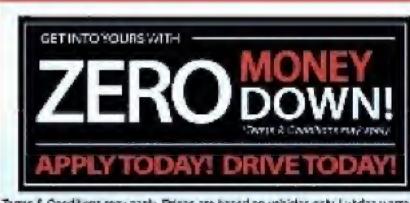
But the app's servers over-loaded in the hour after the announcement, and wannabe players had to wait a little longer before they could register an account.

THE CANADIAN PRESS



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12 Monday, July 18, 2016 Canada Metr® NEWS

Mistaken Point will become the island of Newfoundland's third UNESCO World Heritage site, along with Gros Morne, pictured here, and L'Anse Aux Meadows.

JONATHAN HAYWARD/THE CANADIAN PRESS

Early fossil bed a world heritage site

MISTAKEN POINT

Remains of first multicellular life 565 million years old

A rocky stretch of coastline along the southeastern tip of Newfoundland that holds secrets about the origins of complex life has been declared a world heritage site by the United Nations Organization for Education, Science and Culture.

Mistaken Point, so-named for its frequent disorienting fog, is home to the oldest-known evidence of early multicellular creatures.

The 565-million-year-old sea floor is embedded with the remains of ancient fossils, slowly exposed by the pounding Atlantic surf. Preserved in time by repeated volcanic ash-falls, the fossils include some of the earliest animal-like creatures ever discovered — a rare glimpse into what it was like "when life got big."

The decision was announced in Istanbul after a hurried review by the UNESCO World Heritage Committee on Sunday. The annual meeting had been cut short by a coup attempt in Turkey less than 48 hours earlier, forcing the committee to fast-track its agenda.

More than 6,200 kilometres away, a small crowd gathered in the Edge of Avalon interpretive centre in Portugal Cove South, N.L. to watch a live online feed of the proceedings.

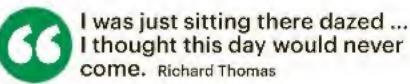
"Everybody was going crack-

bration, car horns blaring in a motorcade with blue-andwhite balloons in honour of the United Nations' official colours.

"Our province's natural heritage is recognized today on the international stage," Environment Minister Perry Trimper said in a statement.

Of 1,000-plus world heritage sites around the world, there are now 18 in Canada. This will be the fourth in Newfoundland and Labrador and the first to be managed by the province.

UNESCO's website says the prestige of being declared a



ers," Richard Thomas, a geologist who led the province's years-long effort. "I was just sitting there dazed ... I thought this day would never come."

The rural fishing town, around a two-hour drive south of St. John's, erupted in celeworld heritage site often raises awareness of the importance of preservation and a country may also get financial assistance and expert advice from the World Heritage Committee to support preservation.

THE CANADIAN PRESS







Police guard areas around the city of Baton Rouge, La., on Sunday. Multiple law enforcement officers were killed and wounded Sunday morning in a shooting near a gas station in Baton Rouge, less than two weeks after a black man was shot and killed by police. THE ASSOCIATED PRESS

'No place for more violence'

Three Baton Rouge law enforcement officers investigating a report of a man with an assault rifle were killed Sunday, less than two weeks after a black man was fatally shot by police here in a confrontation that sparked nightly protests that reverberated nationwide.

Three other officers were wounded, one critically. Police said the gunman was killed at the scene. Although he was believed to be the only person who fired at officers, authorities said they were unsure whether he had some kind of

"We are not ready to say he acted alone," state police spokesman Major Dong Cain said. Two "persons of interests" were detained in the nearby town of Addis.



Donald Trump, right, and VP candidate Mike Pence

THE ASSOCIATED PRESS

A witness described the gunman as wearing all black and carrying extra clips of ammunition. He was identified as Gavin Long of Kansas City, said East Baton Rouge Parish Mayor-President Kip Holden.

The 29-year-old black man served in the Marines from 2005 to 2010, reaching the rank of sergeant. He deployed to Iraq from June 2008 to January 2009, according to military records.

Long was awarded several medals, including one for good conduct, and received an honourable discharge.

The University of Alabama issued a statement saying that Long attended classes for one semester in the spring of 2012. A school spokesman said university police had no interactions with him.

It was the fourth high-profile deadly encounter in the United States involving police over the past two weeks. In all, the violence has cost the lives of eight officers, including those in Baton Rouge, and two civilians and sparked a national debate over race and policing.

Authorities initially believed that additional assailants might be at large, but hours later said there were no other active shooters on the loose.

"There simply is no place for more violence," Gov. John Bel Edwards said, "It doesn't further the conversation. It doesn't address any injustice perceived or real."

Of the two officers who survived the shooting, one was hospitalized in critical condition, and the other was in

Three Baton Rouge officers were killed in a shooting less than two weeks after a black man was fatally shot in a confrontation that sparked protests.

THE ASSOCIATED PRESS

MESSAGE

Just days before he was shot and killed Sunday morning, a Baton Rouge police officer posted an emotional Facebook message saying he was "physically and emotionally" tired.

He expressed how difficult it was to be both a police officer and a black man, a friend said. "I swear to God I love this city but I wonder if this city loves me," Montrell Jackson wrote.

THE ASSOCIATED PRESS.

fair condition. Another officer was being treated for non-lifethreatening injuries, hospital officials said. THE ASSOCIATED PRESS

Tensions high before convention

The day before the Republican National Convention got underway in Cleveland, the fatal shooting of three police officers in Louisiana on Sunday added new concerns about security as huge crowds were expected to protest and the city police chief prepared officers to deal with the open carrying of weapons as allowed by state law.

Republican Ohio Gov. John Kasich rebuffed a request by

the head of the Cleveland police union to suspend that law during the convention, saying he doesn't have the authority to "arbitrarily" alter laws and constitutional rights.

Authorities say three officers were killed in Baton Rouge, La., and three more injured in a shooting less than one mile from local police headquarters.

Sunday afternoon, hundreds of people lined a bridge leading into downtown Cleveland in a peaceful "Circle the City With Love" rally.

Late Sunday afternoon, a few dozen people began marching in a noisy "Shut Down Trump and the RNC" from east of downtown toward Public Square.

There have long been concerns about violent protests and clashes between those who support the presumptive nominee, Donald Trump, and those who oppose him and his inflammatory rhetoric. THE ASSOCIATED PRESS



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Arabs in Nice living with racism

BASTILLE DAY

Truck driver who killed 84 people was a 'loner'

It's only 15 minutes on the number 4 bus from Massena square to the gritty St. Roch neighbourhood, where the Rolls Royces and designer sunglasses of Nice's famous waterfront seem more than a world away.

The bus follows the banks of the Paillon river, past Don Bosco High School, a prison and a slaughterhouse before letting passengers off at the gates of a garbage processing facility.

Mohamed Lahouaiej Bouhlel, the man who killed 84 people by driving a 17-tonne truck through a crowd celebrating Bastille Day, lived on the fourth floor of a dingy walk-up building here. His name is misspelled on the

Unlike Rio de Janeiro, where the impoverished favelas are on the hills, here luxury condos loom over the poor neighbourhood.

Like many of France's infam-



People gather to mourn next to flowers and candles placed on the road for victims of the deadly Bastille Day attack, AFP/GETTY IMAGES

ous banlieues, St. Roch is populated largely by North African immigrants and their children, and has disproportionately high unemployment and crime.

At Chez Elies, a local kebab shop, a group of men hang out

drinking coffee and Fanta, rolling cigarettes and listening to music through the open door of a parked car. Each one of them knew Bouhlel by sight, but said he wasn't one to stop and chat a practice common in the tightly

knit neighbourhood.

"He was a loner. He drank his Kronenbourg (a local beer) alone in the park right across the street," said Wissem Addali, 38, who immigrated to France 20 years ago from the same region - POLICIES

Christian Estrosi, former mayor of Nice and now president of the regional government, brought in several measures widely seen to target the Arab population, in 2012, yelling, instruments and foreign flags were banned during weddings. In 2014, foreign flags were banned anywhere in public.

of Tunisia as Bouhlel.

Nice is one of France's biggest terrorist recruiting hubs. More than 50 locals have departed to fight in the Middle East, according to the Economist.

Authorities said Bouhlel "radicalized very quickly" and have found two text messages sent in the moments before the attack that seem to suggest he had accomplices.

CCTV footage reportedly shows Bouhlel twice scouting the Promenade des Anglais, where he carried out his mass murder.

After tracing Bouhlel's texts and phone calls, police arrested an Albanian couple Sunday, local press reported, bringing the total to seven.

Bouhlel's ex-wife, who was held for 48 hours, was released Sunday. Reporters who knocked at her 12th-storey apartment were rebuffed.

She was well known in the area as well, said Walid, 30, who wore an electronic monitor on his ankle and didn't want to give his last name out of fear it might impact his criminal proceedings.

Walid said that the Arabs who live in Nice are paying twice for the attack: first as victims and now as perceived perpetrators.

Everyone at the kebab shop was on the "prom" Thursday night. All of them have closecall stories and know someone who didn't make it. But instead of sympathy, they say they get suspicion.

"Arabs don't have the right to be individuals, to make choices to be good or bad. No, if an Arab kills someone, he's not a murderer, he's a terrorist," Walid said.

All those gathered at the kebab shop agreed that France has a problem with anti-Arab racism, and that it's gotten worse since it first came to the world's attention with widespread rioting in 2005, TORSTAR NEWS SERVICE





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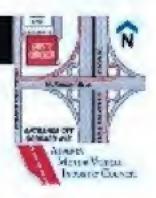






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Proyects Una (English: Project One) is a Dominican-American latin house group which helped popularize a style of music which blends merengue with rap, techno, dancehall reggee and hip-hop music. The group won-Billboard Latin Music Awards, Fremios Un Nuestro, and an Emmy award. The current members are Nelson Zapata, Josue Cedeño, Kid 6, and Paolo tondo.

PROYECTOUNO



ELIGNROBINSON

Elkin Robinson is a musician and songwriter born in Providence (Colombial, who is releasing his first production as a solo artist. His music is the evulution of the folklore of the region, which highlights traditional elements like menté and calypsu, executed on typical instruments like tinaleno (Tub-tub making role of a bass), the horse jaw and maracas; recreated with new airs, rhythms





NIKLAIBE

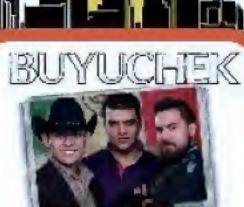
N'Klabe was formed in 2003 by Félix Javier "Felo" Tomes. They have released several albums, including their debut album, Salsa Contra Viento y Marea, in 2004. Through their career, N'Klabe has collaborated with Salsa singers like Gilberto Santa Rosa, Victor Manuelle, Cheo Feliciano, Ismael Miranda, Luisito Carrión, Brenda K. Starr, and Rey Ruiz, among others. They've also collaborated with reggaeton artists like Voltio, R.K.M & Ken Y, and Jowell & Randy.



production "Callate" which has been one of the

most played songs in Colombia that year.

AN COLLAZO Yan was born in Caguas , Puerto Rico and has been singing professionally since he was only 19. he recorded smash hits with Orquesta Guayacan such as Carro de Fuego, Extrano tu Amor, Mujer de Carne y Hueso and Bueno y Mas which was nominated for best Salsa Album in the 2010 "Latin Grammy Awards" along with many others awards and accolades. After the "Feria de Cali" in 2010 Yan Collazo joined Grupo Niche where he spent most of 2011 touring all over The United States and South America with Grupo Niche and then decided to record his own



WWW. KANNER

MONCLY & NATIVALIA

Monchy & Nathalia are a bachata duo who

Born Ramón Bijo in 1977 in La Romana,

made their eponymous album debut in 2011.

Dominican Republic, Monchy rose to fame as

the counterpart of Alexandra in the bachata

duo Monchy & Alexandra. One of bachata's

most successful acts of the 2000s, the dun

scored its first hit single with "Hoja en Blanco"

in 1999 and released its debut album of the

same name that year on Sony.

The name "Buyuchek" was born of a wordulay from their participation in the "international Büyükçekmece Culture and Art Festival" at Istanbul, Turkey. Buyuchek arises with great pride, spreading the north Mexican folklore around the globe, and developing its sound from new ideas involving different musical genres and cultures.

Band members: Jorge, Miguel, Homero & Joe.

El Grepo Cubano Brisas del Palmar began as a trio in 1999, and have now progressed to a quintet. Their rich harmonies have been pleasing crowds in Santiago de Cuba since their inception, with the band proudly presenting a varied repertoire of traditional Cuban music, a capellas, romantic ballads, salsa, son, guaracha, merengue, cumbia and bachata, perfecting both popular and original compositions in all these varied genres,



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Restival Latino July 22.23 and 24





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Supporters of Erdogan gather in istanbul. GETTY IMAGES

Crackdown after failed coup a worry

TURKEY

6,000 rounded up, 294 killed and over 1,400 wounded

Following a failed coup against Turkish President Recep Tayyip Erdogan, the government moved swiftly Sunday to shore up his power and remove those perceived as an enemy, saying it has detained 6,000 people.

The crackdown targeted not only generals and soldiers, but a wide swath of the judiciary that has sometimes blocked Erdogan, raising concerns that the effort to oust him will push Turkey even further into authoritarian rule.

Friday night's sudden uprising by a faction of the military appeared to take the government — and much of the world — by surprise.

The plotters sent warplanes firing on key government installations and tanks rolling into major cities, but it ended hours later when loyal government forces regained control of the military, and civilians took to the streets in support of Erdogan. At least 294 people were killed and more than 1,400 wounded, the government said.

On Sunday, Prime Minister Binali Yildirim said the coup had failed and life has returned to normal.

"Another calamity has been thwarted," Yildirim said. "However, our duty is not over. We shall rapidly conduct the cleansing operation so that they can-



Friday night's sudden uprising by a faction of the military took the government and much of the world by surprise. GETTY IMAGES

not again show the audacity of coming against the will of the

Yildirim said those involved with the failed coup "will receive every punishment they deserve." Erdogan suggested that Turkey might reinstate capital punishment, which was legally abolished in 2004 as part of the country's bid to join the European Union.

Even before the weekend chaos in Turkey, the NATO member and key Western ally in the fight against Daesh had been wracked by political turnoil that critics blamed on Erdogan's increasingly heavy-handed rule. He has shaken up the government, cracked down on dissent, restricted the media and renewed fighting with Kurdish rebels.

Speaking to a large crowd of supporters in front of his Istanbul residence Sunday evening, Erdogan responded to frequent calls of "We want the death penalty!" by saying: "We hear your request. In a democracy, whatever the people want they will get."

Grief-stricken relatives in Ankara and Istanbul buried those killed in the coup attempt, and prayers for the dead were read simultaneously at noon Sunday at Turkey's 85,000 mosques. Erdogan attended a funeral for his campaign manager Erol Olcak and his 16-year-old son, Abdullah Tayyip Olcak.

The government's announcement that 6,000 people had been detained — including three top generals and hundreds of soldiers — suggested a wide conspiracy. Observers said the scale of the crackdown indicated the government was taking the opportunity to consolidate Erdogan's power. THE ASSOCIATED PRESS.



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INVESTING

Equity firms eye oilpatch bargains

The largest energy-focused private equity firm in Calgary is ramping up its oilpatch investing pace to take advantage of bargain prices and an expected recovery in oil prices next year.

ARC Financial Corp. has been more active than usual in 2016, fuelled in part by \$1.5 billion pledged a year ago to a new investment fund, said co-CEO Lauchlan Currie in a recent interview. ARC has \$5.3 billion in investor commitments through eight energy funds and has invested in over 180 companies over the past two decades.

"We just see it as one of the best opportunities in a long time because we're anticipating a recovery probably into 2017," Currie said. "And we're capturing high-quality assets that you're just not normally going to get access to."

Bruce Edgelow, vicepresident of strategic initiatives for ATB Financial, said in a recent interview that commodity price volatility has made it difficult for buyers and sellers to agree on prices over the past two years. But he said there are plenty of well-heeled Canadian and international investors waiting in the wings to spend money in the Western Canada oil and gas sector.

"We think the number is very conservatively \$10 billion Cdn that is available," he said. THE CANADIAN PRESS





Tammy Meyers, co-founder and chief operating officer of QuestUpon Technologies, left, poses on the boardwalk at the Quay in New Westminster, B.C., on Thursday with her iPhone and, above, with a digital elk on the company's app. THE CANADIAN PRESS

Women hope to disrupt male-dominated sector

ENTREPRENEURS

Forum to tackle women's lagging entry into tech world

Technology entrepreneur Tammy Meyers does a mental count every time she attends a business conference promoting the augmented reality company she co-founded. Almost always, she's one of the only women in the room.

Meyers is chief operating officer of QuestUpon, a British Columbia tech firm that's been garnering accolades for virtual tourism experiences similar to the new Pokémon Go craze. She's been watching the province's tech industry advance rapidly, but hasn't seen women prosper at the same rate.

"There's probably more of a hill to climb for women to prove themselves, when it's a maledominated space," she said.

Meyers blames the imbalance on factors from subtle sexism to lack of women in prominent roles, a view shared by several other female entrepreneurs. They also share a vision for spurring progress equal to the tech boom that's transforming the provincial economy and say their involvement is key to being globally competitive.

An upcoming gathering of 500 female business leaders and another 500 young women will tackle their lagging entry into the exploding tech-driven business world. Organizers of the Vancouver forum "We for She: Championing the Next Generation," have calculated it will take 100 years for women in Canada to achieve parity in the industry at the current rate of advance.

Women make up 54 per cent of B.C.'s post-secondary graduates in science and technology, but hold less than 10 per cent of senior leadership, according to the B.C. Innovation Council.

The forum, taking place in October, will highlight research about the snail's pace of change, said forum co-chair Lois Nahirney. Participants will examine unconscious bias and systemic barriers holding women back from leadership positions.

"It's exhausting, it's like al-

It's exhausting, it's like always having to dance backwards in heels. Forum co-chair Lois Nahirney

ways having to dance backwards in heels," said Nahirney, CEO of dnaPower Inc. and chairwoman of the Premier's Women's Economic Council.

Creating a welcoming environment that doesn't discriminate against hiring women and includes policies supporting life and family balance are vital to improving the dynamic, she said.

Angela Robert, a software engineer who co-founded Conquer Mobile, believes more women will enter the industry if companies allow part-time work, telecommuting and flexible maternity leave.

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THEWS

Your essential daily news

Monday, July 18, 2016

URBAN ETIQUETTE ELLEN VANSTONE

Dead Ellen,

A woman at work told me that "between you and I" is wrong and I should say "between you and me," but my grandmother in Guelph taught me to always say "you and I" because that is more polite. What do you think?

Signed, T.S., Toronto

Dear T.S.,

A link went around on Facebook recently, citing a University of Michigan study that indicated that sticklers for proper grammar aren't as "nice" as other people. I think we can all agree that I would never claim to be nice as I dispense my tart but brilliant advice to readers such as yourself. But I have laid off correcting people's grammar over the years, for several reasons.

Firstly, language is an ever-changing beast and it's often pointless to cling to old rules. Much as we hate to see language manglers confuse "comprise" with "compose" or "continual" with "continuous," we have also gained helpful new usages, such as the wonderfully sarcastic "I could care less" and the increased use of the non-binary "they" instead of "he" or "he/she" as a singular pronoun.

Secondly, as long as people are expressing themselves clearly, there's no need to snobbishly squelch them mid-communiqué with dribbling excretions

I'm guessing your grandmother's labouring under the commonly held belief that if something sounds awkward, then it's probably correct.

THE QUESTION

Which is grammatically correct: 'between you and me' or 'between you and I'? My grandmother seems pretty convinced that it's the latter.

THIS PERSON ...



@ Ani Castillo

from your own, supposedly better-educated brain.

The only time I will weigh in is with children in my care, because proper grammar is a tool like any other you want to put in their arsenal, to use as they see fit, as they head out into the world; and with pompous know-it-alls and poseurs, people who affect what they think is good grammar in a bid to appear more polite or better educated, but who are in fact merely rigid, pretentious and egregiously wrong.

I'm sorry to say that your grandmother may fall into the latter category. Of course I don't know the woman, and after writing this column, I doubt I'll ever be given the pleasure of an introduction. But I'm guessing she is labouring under the commonly held belief that if something sounds a bit awkward, then it's probably more correct. Fie on that misconception. I'd much rather hear speakers say "me and her went to the store" than "I went to the store with she, and I walked between she and the road."

The first example is wrong (because you'd never say "me went to the store" or "her went to the store). But the second example, also wrong, seems even worse because it clangs on the ear whether you know proper grammar or not.

When in doubt, go with the vernacular, rather than put on airs with awkward constructions that you're unsure of.

Which brings us back to your grandmother. I appland her for trying to make you sound more polite, but I must insist you think more critically next time anyone insists you follow a rule without justifying the reasons behind it. She didn't have the Internet. You do. If you really care about proper grammar, start getting into the habit of looking things up.

Need advice? Email Ellen: scene@metronews.ca

How worried should we allow ourselves to be?

Matt LaForge Metro

What's the worst that can happen?

Three more police officers have been killed, evidently by another man with a big gun, this time in Baton Rouge, La. As of this writing, details are scarce, but no one can help but assume that this, like the attack in Dallas, was a vicious, misguided act of revenge.

Today, the Republican convention begins in Cleveland. The party will nominate Donald Trump as its presidential candidate and it will present a platform shot through with the white Christian nationalism that Trump has loudly championed on the trail.

The violence in Baton Rouge and Dallas — not to mention Minneapolis, Nice and Turkey — gives Trump, whose campaign had been flagging prior to the recent violence, a fresh opportunity to offer fascist consolations, a new context in which to rail against the enemies who threaten the country, to vow to make these enemies pay, and to personally ensure that his supporters' lost glory will be restored.

"Trump has lent his party ... a prompt to conservatives, to feel themselves unconstrained," Benjamin Wallace-Wells of the New Yorker wrote Sunday.

The head of Cleveland's police union, having contemplated the prospect of unconstrained-feeling conservatives assembling in his city, plans to petition Ohio governor John Kasich to suspend the state's open-carry gun laws during the convention. The irony behind the request is dark even by summer 2016 standards: The police can ban tennis balls from the convention protest

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zone but, because Ohioans are constitutionally empowered to brandish rifles, they can't ban guns.

A lot of people have lately been talking about the 1968 Democratic convention in Chicago, where the police attacked antiwar protesters with clubs and tear gas for nights on end. You've heard the story tokl: the anti-Vietnam War movement had reached its apotheosis, Martin Luther King and Robert Kennedy had been assassinated, and the Newark and Detroit race riots were recent, vivid memories. The parallels to 2016 are easy to spot if you're looking for them.

The '68 riots are central to 20th-century American political folklore. They're invoked gravely but with a certain fondness: A needed reckoning, a necessary exercise. Some eggs got cracked but the omelette got made.

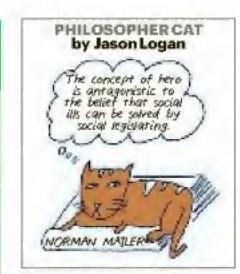
At the other 1968 convention, the Republicans nominated Richard Nixon. No riots. Here's what one of his top advisers, John Erlichman, said, in 1994, about what happened

"The Nixon campaign in 1968, and the Nixon White House after that, had two enemies: the antiwar left and black people ... By getting the public to associate the hippies with marijuana and blacks with heroin, and then criminalizing both heavily, we could disrupt those communities. ... Did we know we were lying? Of course we did."

Call it a program of conservatives who felt themselves constrained.

"A lot of subtext is going to become text in the next few days," wrote Tommy Craggs, of Slate, the day after the Dallas shooting.

Is that the worst that can happen?



Philosopher cat now at

Flexing that side hustle muscle



Ashley Makee uses the money from selling costumes on the side to fund her Roller Derby hobby. LIZ BEODALLMETRO

TREND

Precarious job situation has many working extra gigs



After a long day at work Ashley Mckee heads home to flex her side hustle muscle.

The 31-year-old Torontonian makes adult Sailor Moon outfits and sells them on Facebook, a gig she estimates brings in about \$800 a month

on top of what she earns in her in cash." full-time position at a mascot

manufacturer. "My nine-to-five job covers all the bills and everything but there's very little left over for fun stuff," she said.

"I thought I could make a little bit extra on the side turning my hobby into an extra little job.*

Mckee is one of many millennials turning to side hustle in an increasingly uncertain job market as the cost of living in cities continues to climb.

Covering everything from teaching English over Skype to driving an Uber, the term has even found it's way into Urban Dictionary, where it's defined as "sideline that brings

Andrew Cash, cofounder of the Urban Worker Project, which advocates for young workers, said while many may enjoy the flexibility a side job can bring, it's important to put the trend in context.

"The underlying sort of motive and motivation for most people here is just that they're just not covering their bills," he said.

Younger workers can find it hard to make ends meet faced with sky-high rents in cities and record levels of student debt, coupled with a job market full of temporary, parttime jobs, he said.

Recent Ryerson University grad Yaïza Décaudin has two

side gigs on top of her parttime position at a bakery, freelance graphic design and tutoring. They make up one full-time job "in terms of time, but not money," she said with a laugh. While the 22-year-old enjoys the freedom the arrangement gives her to travel, it leaves her without benefits.

For Cash there's no "silver bullet" to the underlying problem, but it's something all levels of government and industry need to take very seriously. "Work really has changed, but wasn't hasn't changed is the need for workers to have stable, predictable jobs in communities where they can afford to start a life," he said.

SIX WAYS TO MAKE SOME EXTRA CASH

Young adults across the country are hustling hard to make ends meet - on top of their regular jobs.

Here are six ways almost anyone can turn their hard work and creativity into a little extra cash.

Tap your talents

Can you knit? Make meringues? Chances are you can find people who would love to tap into your skill set. That's what 23-year-old Niloufar Fayaz, who loves baking, decided to do when she found herself between administrative jobs. While she looks for a job, Fayaz has been teaching others to make macarons in her Toronto kitchen for \$90 per three-hour workshop.

Go shopping

Mystery shopping is a part-time market research gig where you pose as a customer at a business then fill out a questionnaire evaluating their level of service. Mystery shoppers get a small fee, typically \$10-20, and often get to keep what they buy. But beware of scammers: Real mystery shopping companies never pay in advance and don't ask you to send your money anywhere.

Share your opinion

If you're in a demographic they're interested in, many companies pay cash or gift cards for your opinion on anything from the taste of beer to your experience with medical treatments. Inperson groups, which are held in cities around the country, usually pay the best. And again, be wary of scammers: You shouldn't have to pay to sign up with a reputable company.

Be a wallflower

Those people who stand around looking cool in the background of a music video - or concerned, in the case of a police procedural — are often casual workers paid a day rate for a long shift on a movie or TV set. This side hustle often comes with meals and is especially popular in film industry hotspots like Vancouver.

🚺 Ride your bike

Package-delivery companies and sharing-economy start-ups like Uber Eats regularly hire bike couriers on a contract or casual basis. Erik Smith, 22, a recent graduate of Humber College's Comedy Writing and Performance program, said he makes \$100 on a really good day delivering take-out meals by bike in Toronto.

Don't forget Fido

In urban areas, dog walkers are always in demand. Just be sure to only take on pooches you know you can handle on a leash.



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Swapping your way to savings



Friends dive into the pile of clothes up for grabs at a clothing swap. TORSTAR NEWS SERVICE

COST CUTTING

Someone else's stuff may be the 'new' you are looking for

Gail Vaz-Oxlade For Metro Canada

Looking for a way to get some "new" in your life without dropping big bucks. Why not hold a "new-to-you" party?

Get together with some friends and exchange what they have for what you have. In the old days these were called Swap Parties. All kinds of things can be swapped.

Baked goods and frozen meals. Have a group of friends who love to cook? Start a dinner and dessert swap. You each make something you're particularly good at. You stick one in your own freezer and then bring a half-dozen to the Swap Party. Bring a sample for everyone to try. Then swap so you go home with six new things for your freezer.

Cards, wrapping paper, bags, and other stationary. People always seem to have a ton of this kind of stuff hanging around. As

long as you take home only as much as you bring to the party, everything comes out fair

DVDs, CDs, books and games. Have a bunch of games sitting on the shelf gathering dust? Done watching those movies? Time to put New to You to work. There's nothing more satisfying that getting a new set of DVDs or books that are new to you without having to spend a cent. Hey, it's a little like shopping second hand but cheaper. If

BY THE WAY ...

Swap parties can be a

great way to not only

stretch your budget

but have some fun too.

And if each invitee

brings a guest along,

it can also be a terrific

way to make new

friends.

there's stuff left over at the end of the night, one person can take it all to the local library.

Clothing. Whether

you're a stay-athome mom who is just reentering the workforce or you're simply looking to change up your style a bit, a clothing swap can work if the people involved are all of a similar size. Or maybe you want to swap clothes because you've gained or lost weight, in which case you'll want multiple sizes at your party! If you're off-

size, you can still play if

your clothing swap includes accessories. Or focus on the one-wear outfits that have been hanging dejectedly in your closet. Think of all those outfits you bought for weddings or other parties that you haven't ever worn again. Swap 'em and have some fun.

Toys and baby gear. This is a great way to offer new-toyou toys to your kids. You each bring a couple of toys your kids no longer play with to the party, swap, and go home with some-

thing fresh and enticing for your young'un. Ditto clothes your kids may have outgrown.

You can have a swap party for anything you and your friends have similar interests in: plants or seeds are great for gardeners in the spring.

Recipes (with accompanying samples) and coupons work in the fall when the focus moves back to nesting. Scrapbookers can swap supplies and creative ideas. Sewers can share patterns.

Readers can swap magazines and books.

For more money advice, visit Gail's website at gailvazoxlade. com

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I enjoy getting to know my clients

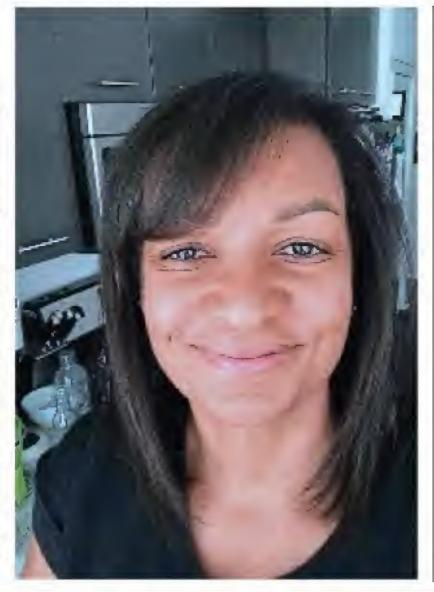
WHY I LIKE MY JOB

Remi Ejiwunmi, 45, Midwife with Midwifery Care of Peel and Halton Hills (Greater Toronto Area)

As a midwife, I provide comprehensive prenatal care to women while promoting healthy lifestyles that benefit both mother and child. I attend to women in labour and birth, and assist new moms with postpartum recovery and newborn baby care. I also provide check-ups, ultrasounds and general counsel to optimize each client's birthing experience.

I started practising when I was 25 years old, after achieving a bachelor of science in psychology and bachelor of health sciences at McMaster University. I earned a position with my current practice right after graduation, and have continued to grow and learn professionally since 1996. I also completed my master of science in quality improvement and patient safety from the University of Toronto to gain additional skills.

I enjoy getting to know my clients and their families over the course of their pregnancies and beyond. Midwifery is unique in that it encourages clients to become actively involved in their own care — so it's rewarding to see my patients discover their strengths throughout that process of active involvement and then use those strengths on their journey through parenthood.



THE BASICS: Midwife

\$72,000

Median annual salary for experienced midwives. Those well into their careers can earn upwards of \$90,000 per year.

+14%

The amount of growth expected in this field over the next 8 years.

Data for this feature was provided by payscale.com, servicecanada.gc.ca, statcan.gc.ca and onetonline.org.

HOW TO START

Midwives are the only health care professionals specifically trained in out-of-hospital birth. The typical path for a registered midwife involves obtainment of a bachelor's degree in midwifery followed by the successful completion of the national board exam.

There are seven recognized midwifery programs available in Canada, and each province regulates midwifery differently. In most provinces, newly registered midwives must complete a one-year mentorship under the guidance of an experienced midwife.

WHERE YOU CAN GO

According to Statistics Canada, the nation has experienced an average increase of 3,110 births per year since 2011 (totalling an estimated 388.729 in 2015). A rising birth rate and population means there is a greater demand for registered midwives.

Midwives typically serve as primary caregivers to pregnant, birthing and postpartum women and their babies for the first six weeks of life in patient homes or birth centres. Additionally, most midwives are able to admit and discharge patients in local hospitals as needed. Midwives are also increasingly filling administrative and policy roles within the government, in education as faculty, and in policy roles with health care organizations.





metr@LIFE Television Monday, July 18, 2016 25

His last chance to fully see the world

PROFILE

Amazing Race contestant aims to be inspiration

It's never easy to see the finish line on The Amazing Race Canada. This season, however, one competitor is attempting to run the race blind.

Lowell Taylor, a 34-year-old psychologist from Lethbridge, Alta., is the first legally blind contestant on either the Canadian or American version of The Amazing Race. He and his wife Julie, a 33-year-old speech and language pathologist, are sitting in the seventh spot heading into week four of the show's fourth season, which airs Tuesdays on CTV.

Lowell is coping with retinitis pigmentosa (RP), a degenerative eye disease that has left him with no peripheral vision, reduced central vision and night blindness.

His central vision has narrowed to within a 15 per cent range.

"When I look at your eye," he says, "I don't see your mouth."

Lowell has had to adjust to decreasing vision all his life. His hero is his grandfather, who lost his sight at age 40 and continued to farm until he was 80.

By competing in the race, Lowell hopes "to be an inspiration to young people and people who need to overcome challenges."

Especially to two preschoolers back home in Lethbridge, adds Julie. "I'm looking forward to our own kids seeing what their dad can do despite his disability."

The couple met 13 years ago at the University of Lethbridge. They've long been adventure-seekers, hitting the road for over a year in New Zealand before starting a family. Lowell once even took on a Calgary radio station challenge, riding a Ferris wheel for an entire week.

Friendly and outgoing, they thought they'd play a strong social game. "That blew up in our faces," says Lowell. "Nobody wanted to be our friend," adds Julie, "because we were always at the back of the pack."

The producers made no attempt to ease Lowell into the race. The first episode opened with teams repelling off towers in Calgary and bungee jumping off of the Skytram in Jasper, Alta.

"We weren't expecting right off the bat there would be these extreme things," says Julie.

Executive producer John Brunton says there was debate about casting a blind competitor.

"In his audition tape, he said he wanted to attempt to compete equally with everybody else," says Brunton. "Thank God he has a partner."

It helps, he adds, that the Taylors "are about as nice a couple as I've ever met."

Lowell and Julie have already enjoyed a celebrity encounter during the race — they ran into former prime minister Stephen Harper at the Calgary airport. "I made him hug me!" says Julie. "He didn't stand up right away."

"I think he was really regret-

ting not having his private jet at that point," jokes Lowell.

On the next episode, which takes place in Vietnam's Ho Chi Minh City, the Taylors have to sing a song in a dark, noisy karaoke bar—in Vietnamese. That's a tall order for teams who can read the strange sounding words off a monitor, but Lowell has to memorize his lyrics in order to advance past the challenge.

"Navigating in the dark is

nothing new to me," says Lowell, ever cheerful.

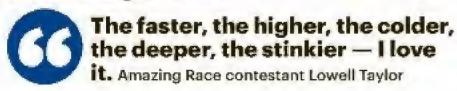
Episode four will also challenge teams to chew their way through some local delicacies from a street vendor, including larvae, crickets, centipedes, live coconut worms and, for desert, a bat. Bring it on, says Lowell. "The faster, the higher, the colder, the deeper, the stinkier — I love it."

The Taylors would love to win the \$250,000 grand prize to help fund Lowell's other dream: participating in the Paralympic Games. He's been training in road and track cycling.

Any Amazing Race money would also go into their children's education funds as well as into resources the couple will need as Lowell's eyesight continues to deteriorate. "This is all about the experience for us," says Lowell, "seeing the world before I go blind." THE CANADIAN PRESS



Julie Taylor, left, and her husband Lowell, the first legally blind contestant on The Amazing Race Canada, compete in a karaoke challenge. CONTRIBUTED







JOHANNA SCHNELLER
WHAT I'M WATCHING

We've now hit peak antihero



Behold a couple of antiheros: Danny McBride is Neal and Walton Goggins is Lee in Vice Principals, CONTRIBUTED

THE SHOW: Vice Principals, Season 1, Episode 3 (HBO) THE MOMENT: The vicious insults

U.S. high school vice-principals Neal (Danny McBride), a relentless boor, and Lee (Walton Goggins), a smarmy liar, can't stand each other. But they hate their new principal, Dr. Belinda Brown (Kimberly Hebert Gregory) more. They've formed an uneasy alliance to ruin her life. Now, standing outside by the school flagpole, they watch her exit her car.

"Look at her, like a f-in' dinosaur," Lee sneers. With each of her steps toward them, he mocks her weight, "Boom, boom, boom. I can see the edge of her f-in' Spanx. Look at that ass."

"Ugh," Neal says.

"I bet when she gets up here she smells like f-ed buttholes," Lee says.

Yuck, on every level. I understand the concept of the loathsome loser. I get that "anti-hero"

is the kind of hero TV loves best now. But I fervently hope this show proves that we've hit Peak Antihero — or rather. Nadir Antibero.

It's one thing to watch a character who's terribly flawed who's lonely, divorced and in debt, who doesn't know how to function, who says all the wrong things all the time — as Neal is. But it's another if they're purely asinine. Neal can't get through a single scene without some sort of viciousness, ugliness or stupidity (and often all three). It's soul-crushing.

Maybe Neal will learn and grow. Maybe show creators Mc-Bride and Jody Hill are doing a trenchant send-up of the frustration that formerly privileged white men feel when society no longer values them.

I don't case. They lost me at "butthole."

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

OITNB draws ire of veterans' groups in U.S.

CONTROVERSY

Portrayal of ex-military adds to stigma experts say

Leading veterans' groups are disturbed by the way veterans hired as prison guards are portrayed in the new season of the Netflix series, Orange is the New Black.

The veterans' groups say they take issue with the way the new guards disparage the inmates throughout season four of the drama that takes place in a women's prison and the way they talk about their combat experiences.

The Veterans of Foreign Wars called the show "offensive." Iraq And Afghanistan Veterans Of America said it will further stigmatize veterans, and Disabled American Veterans said the show is out of the touch with the reality of the veteran experience.

Netflix didn't respond to multiple messages left Thursday and Friday seeking comment.

In one scene in the finale, a guard tells another guard about innocent people he killed in Afghanistan.

After spending so much time chasing bad guys, he said, "you get so mad, tired and bored" that you "just grab a farm kid" and make him juggle live grenades until one blows up.

That's egregious, and just one way veterans are misrepresented, said Dan Clare, the na-



The Veterans of Foreign Wars called Orange is the New Black 'offensive' after the show portrayed veterans working as prison guards as 'monsters' . CONTRIBUTED

tional spokesman for DAV and an Iraq War veteran.

The danger. Clare said, is that Orange is the New Black is a popular show airing at a time when many service members are returning home and looking for jobs. If the public has a negative perception of veterans, that will affect how they're able to transition back into civilian life, he said.

VFW national commander John A. Biedrzycki Jr. said the show's writers and producers

chose to offend all veterans because they needed new villains. He spoke out Thursday, after a 27-year-old Air Force veteran, Tahlia Burton, wrote an opinion piece about the show for a military news and culture website, Task & Purpose.

Burton describes herself as a "huge fan" of the show. After binge-watching the fourth season, released in June, she said she was appalled because veterans are shown as "bloodthirsty, heartless killers and sexists."

She said she's not saying veterans deserve "hero status." but "don't portray us as a group of monsters."

"Orange is the New Black had the opportunity to portray veterans in a way that shed light on an identity that's widely misunderstood," she wrote. "But instead, the show fed into the very worst stereotypes that we've been working so hard to overcome."

At IAVA, policy officer Jonathan Schleifer said the show's producers are unfortunately telling stories that will further stigmatize a community that has been through so much. Biedrzycki said the "deranged veteran story line" must change and he asked for an apology.

THE ASSOCIATED PRESS



The show fed into the very worst stereotypes that we've been working so hard to overcome

U.S. Air Force veteran Tahlia Burton in an opinion piece she wrote for military news site Task & Purpose



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Derek Drouin of Corunna, Ont., had his best high jump of the season Sunday, clearing 2.38 metres to win at Eberstadt in Germany

How Swede it is

BRITISH OPEN

Stenson wins first major with record-tying final round

Henrik Stenson is the champion golfer of the year, thanks to a final round for the ages.

He kept hitting the best shots of his life, one after another, and he needed each one to stay ahead of Phil Mickelson in a British Open duel that ranked among the best in major championship history.

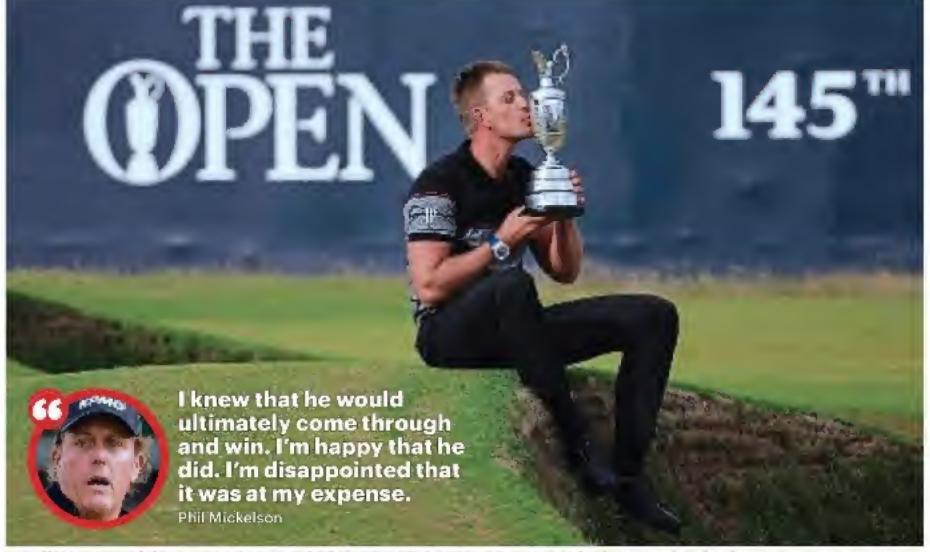
Stenson made 10 birdies, including a 50-foot putt across the 15th green that had him pumping his fist in a rare show of emotion Sunday.

The final stroke in this masterpiece was a 20-foot birdie putt on the 18th hole that curled into the cup on the final turn. It gave him an 8-under 63, tying Johnny Miller at Oakmont for the greatest closing round by a major champion, and Stenson didn't even realize it until he sat down to sign his card.

Records didn't matter. This was about winning his first major.

"Right now I'm running on adrenaline. But there will be some point when I'll struggle to make it up the stairs when I get back to the house," Stenson said after four hours of an epic battle between two 40-somethings at Royal Troon.

Mickelson was a runner-up



Henrik Stenson celebrates winning the British Open with the Claret Jug on Sunday in Troon, Scotland. MATTHEW LEWIS/GETTY IMAGES

for the 11th time in a major, but never like this. He can't look back at a mistake because he really didn't make any. He opened with a 63, closed with a career-best 65, shot the second-best score in Open history and was 11 shots better than everyone in the field.

Except one.

"It's probably the best I've played and not won," Mickelson said. "I think that's probably why it's disappointing in that I don't have a point where I can look back and say, 'I should have done that or had I only done this.' I played a bogey-free round of 65 on the final round of a major. Usually, that's good enough to do it, and I got beat. I got beat by 10 birdies."

He got beat by arguably the best final round in 156 years of major championships.

Miller also made 10 birdies in his final round of the 1973 U.S. Open, and then waited to see if anyone could catch him. Stenson pulled away with birdies on the 14th and 15th holes, and then a third in a row after Mickelson drilled a 3-wood onto the green at the par-5 16th and came within a fraction of an inch of making an eagle.

The last birdie was for the record book.

Stenson finished at 264, breaking by one shot the 72-hole scoring record in the majors that David Toms set in the 2001 PGA Championship at Atlanta Athletic Club. His 20-under par matched Jason Day's record for lowest under par at last year's PGA Championship.

THE ASSOCIATED PRESS

LPG

Ko comes out on top of 3-way playoff

Lydia Ko outlasted Ariya Jutanugarn and Mirim Lee to win the Marathon Classic on Sunday in Sylvania, Ohio, for her fourth LPGA Tour victory of the season.

The top-ranked Ko made a 10-foot birdie putt on the fourth extra hole after Jutanugarn and Lee ran into trouble.

"Just to see a putt drop for birdie I think kind of got my emotions going," Ko said. "I'm not really a huge fist pump kind of person, but I think it's probably the biggest fist pump I've ever done."



I'm not really a huge fist pump kind of person, but I think it's probably the biggest fist pump I've ever done.

Lydia Ko

Also the 2014 winner. Ko closed with a 2-under 69 at Highland Meadows to match Jutanugarn and Lee at 14-under 270. They played the par-5 18th four more times to finally decide the winner.

Ko now has 14 LPGA Tour titles. The 19-year-old New Zealander is 4-1 in playoffs, with the loss coming to Brooke Henderson of Smiths Falls. Ont., this year in the KPMG Women's PGA. THE ASSOCIATED PRESS

INDYCAR

Power completes Toronto hat trick

Will Power has won his third Honda Indy Toronto.

The Australian, who previously won the event in 2007 and 2010, captured the 85-lap race on the streets surrounding Toronto's Exhibition Place by 1.5275 seconds.

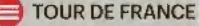
Brazil's Helio Castroneves was second ahead of James Hinchcliffe of Oakville, Ont.

Power, the 2014 IndyCar Series champion, started the race in fourth after qualifying.

THE CANADIAN PRESS



Will Power THE CANADIAN PRESS



Pantano wins mountain

stage, Froome still in lead Colombian rider Jarlinson Pantano won the brutal

Pantano won the brutal 15th stage of the Tour de France through the Jura mountains after a long breakaway on Sunday.

Pantano outsprinted Polish rider Rafal Majka to the finish line in Culoz.

Race leader Chris
Froome finished slightly
more than three minutes
behind in a group including
all of the other contenders
and kept the yellow jersey.
THE ASSOCIATED PRESS

NHL

Lightning lock up Killorn for 7 years

The Tampa Bay Lightning avoided arbitration with forward Alex Killorn, agreeing to terms on a \$31.15-million, seven-year contract.

He'll count \$4.45 million against the salary cap through the 2022-23 season.

Killorn, who turns 27 in September, has 53 goals and 85 assists for 138 points in 272 regular-season NHL games. In 47 Stanley Cup playoff games, he has 15 goals and 18 assists.

The Halifax native's 33 play-



C LOOSE ENDS

Tampa Bay now has three restricted free agents: forwards Nikita Kucherov and Vladislav Namestnikov and defenceman Nikita Nesterov.

off points are the fourth-most among Canadian-born forwards over the past three years. THE ASSOCIATED PRESS



Lydia Ko lines up a putt on Sunday, GETTY IMAGES

metr@sports 28 Monday, July 18, 2016

Donaldson delivers with Blue Jays near desperation

Star 3B catches up with Axford's two-seamer on second chance

Two days after striking out on an unexpected two-seam fastball from John Axford, Toronto slugger Josh Donaldson had a much better view of things when he

faced the Oakland Athletics' reliever again.

This time Donaldson didn't get fooled and prevented the Blue Jays from getting swept in their first series coming out of the all-star break.

Donaldson hit a tiebreaking two-run double off Axford with two outs in the ninth against his former team and Toronto held on to beat Oakland 5-3 on Sunday to avoid a series sweep.

"He just started throwing a

SUNDAY In Oakland



two-seamer and I didn't really know he had that," Donaldson. said of Axford. "He busted it out on me (Friday), a good pitch. Today I was able to see it and get in a favourable count where I could zone it up more."

Donaldson, who was traded to the Blue Jays by the A's prior to last season, also singled and scored in the first inning.

Troy Tulowitzki also homered for the lays.

"We desperately needed that as a team," Toronto manager John Gibbons said. "We had the little lead, they came back and tied it. That's a big win for us."

I.A. Happ had won six consecutive starts but left Sunday's

game after getting hit by line drives twice, including once near his left elbow by Jake Smolinski in the fifth. The Blue Jays' lefty allowed three runs over 5-2/3 innings with five strikeouts and one walk.

"Hopefully he'll be fine, but you never know if it's going to stiffen up on him," Gibbons said. "He gutted it out. That doesn't surprise me. I've seen him get hit in the head."

THE ASSOCIATED PRESS



Josh Donaldson GETTY IMAGES



AL EAST YANKEES CRASH RED SOX'S STREAK Shortstop Didi Gregorius slides home to score during the fourth inning of the Yankees' 3-1 win over American League East rival Boston in the Bronx borough of New York City on Sunday night, which ended the Red Sox's six-game winning streak. ADAM HUNGER/THE ASSOCIATED PRESS.

METS 5, PHILLIES O

DeGrom displays one-hit dominance

Jacob deGrom was dominant after getting extra rest this week.

DeGrom tossed a one-hitter. Curtis Granderson and Asdrubal Cabrera homered and the New York Mets beat the Phillies 5-0 on in Philadelphia Sunday.

DeGrom (6-4) allowed only a third-inning single to pitcher Zach Eflin and retired 27 of 29 batters. The lanky right-hander struck out seven, walked one and went the distance for the first time in 68 career starts.



Jacob deGrom GETTY IMAGES

He hadn't pitched since July 6 because of the allstar break.

"You go every five days, that's a lot of throwing," he said. "Some time off, resetting helped."

DeGrom became the first Mets pitcher to toss a one-hitter since R.A. Dickey against the Orioles on June 18, 2012.

THE ASSOCIATED PRESS

IN DETROIT

Tigers leave Royals salty

Jarrod Saltalamacchia hit a two-run homer in the bottom of the ninth inning to give the Detroit Tigers a 4-2 victory over the Kansas Oity Royals on Sunday.

After Tyler Collins hit a leadoff single in the ninth, Saltalamacchia won it with a drive off Joakim Soria (3-4) that easily cleared the wall in right field. The Detroit catcher raised his right arm in celebration almost immediately as he trotted toward first base. THE ASSOCIATED PRESS

PIRATES 2. NATIONALS 1 (18)

Marte finishes off marathon in D.C.

After more than five hours of tory in a marathon game in D.C.

baseball between his Pittsburgh Pirates and the Washington Nationals, Starling Marte had all he could take.

"Too many innings," Marte said. "We were tired. It was time for a home run."

Marte's solo home run off Oliver Perez in the 18th inning on

The only longer game in this season came July 1 when Cleveland beat Toronto in 19 innings.

that was the longest for both teams this season. "I just love the

grit of our club," said manager Clint Hurdle, whose Pirates snapped a threegame losing streak and avoided a series sweep. "I don't know if it builds character. It definitely reveals

Sunday gave the Pirates a 2-1 vic- character." THE ASSOCIATED PRESS



U	W-L	PCT.	GB
Orioles	53-37	.589	
Red Sox	51-39	.567	2.0
Jays	52-42	.553	3.0
Yankees	45-46	.495	8.5
Rays	35-56	.385	18.5

ALCENTRAL

	W-L	PCT.	GB
Indians	54-37	.593	а.
Tigers	48-44	.522	6.5
Royals	46-45	.505	8.0
White Sox	45-46	.495	9.0
Twins	33-58	.385	21.0

AL WEST

	W-L	PCT.	GB
Rangers	55-38	.591	
Astros	50-42	.543	4.5
Mariners	46-46	.500	8.5
Angels	40-52	.435	14.5
Athletics	40-52	.435	14.5



BEST STATE	W-L	PCT.	GB
Nationals	56-37	.602	-
Marlins	49-42	.538	6.0
Mets	49-42	.538	6.0
Phillies	43-50	.462	13.0
Braves	32-60	.348	23.5

NL CENTRAL

	W-L	PCT.	GB
Cubs	55-36	.604	-
Cardinals	47-44	.516	8.0
Pirates	47-45	.511	8.5
Brewers	39-51	.433	15.5
Reds	34-58	.370	21.5

NL WEST

	W-L	PCT.	GB
Giants	57-36	.613	
Dodgers	52-42	.553	5.5
Rockies	42-49	.462	14.0
Padres	41-51	.446	15,5
D-Backs	40-53	.430	17.0

Kenseth's patience pays off

It used to be one

of my worst places

and now I feel

like it's one of our

better places.

Matt Kenseth

Toyota driver bides his time to repeat in New Hampshire

Matt Kenseth was always near the front of the pack. He stalked the leaders and waited for contenders to wilt.

Kyle Busch and Martin Truex Jr. faded down the stretch. So did Denny Hamlin.

It almost seemed like a repeat scenario for Kenseth.

lust like last fall on the same track when Kevin Harvick's lead evaporated when he ran out of fuel, Kenseth pounced. He

pulled away down the stretch to win the Sprint Cup race Sunday at New Hampshire Motor Speedway.

Truex and Busch each led 20 Toyota failed the post-race

more than 120 laps before faltering over the final 75 laps, paving the way for Kenseth to win for the second time this season.

Kenseth also won the New Hampshire race last September.

He has 38th career victories. "Last fall, we squeaked one out, a little more fuel than Kevin and a little different strategy, but not quite as good a car," Kenseth said. "Today, I felt like we had the best car."

NASCAR said Kenseth's No.

laser inspection station and will be brought to the research and development centre in Concord, N.C., for more evaluation. The penalty for that kind of failure has tradition-

ally been a 15-point penalty. But this was the first time a race winner was busted since the lasers were instituted in 2013.

Tony Stewart finished second and strengthened his spot inside the top 30 in the points standings. Stewart has a win this season and needs to secure a spot in the top 30 in points to clinch a spot in the Chase for the Sprint Cup championship. He inched from 30th to 28th

Joey Logano was third, followed by Harvick and Greg

Alex Bowman had a solid day ruined when he hit the wall late and finished 26th driving for Dale Earnhardt Jr. Earnhardt was sidelined because he suffered from symptoms of a concussion.

Truex tumbled to 16th and Busch dropped to eighth. THE ASSOCIATED PRESS

Loudon, N.H. DANIEL SHIREY/GETTY IMAGES



Matt Kenseth celebrates in Victory Lane on Sunday in



Frank Lampard celebrates his goal off of a fortunate deflection. THE CANADIAN PRESS

NYCFC stars shine at Impact's expense

The big guns came through in another road win for New York City FC.

David Villa and Frank Lampard each had goals as firstplace New York City downed the Montreal Impact 3-1 on Sunday.

Montreal's star striker Didier Drogba, back after missing three games with a thigh injury, played a key part in Harry Shipp's second-half goal on an otherwise frustrating night for the home side. Montreal ended a six-game unbeaten streak.

SUNDAY In Montreal



IMPACT

The Impact had most of the chances, especially in the first half, but Villa and Jack Harrison pounced on defensive errors to give the visitors a lead the Impact could not erase. THE CANADIAN PRESS

MLS IN BRIEF

Trio of Impact players named to all-star team

Toronto FC's Sebastian Giovinco, Montreal Impact stars Laurent Ciman, Ignacio Piatti and Didier Drogba, and Vancouver Whitecaps defender Kendall Waston were among those named on Sunday to the MLS all-star game.

The MLS all-stars will play English club Arsenal FC in San Jose on July 28. THE CANADIAN PRESS.

Timbers keep ball rolling

Diego Valeri scored goals on either side of halftime to give the Portland Timbers a 3-1 victory over the Seattle Sounders on Sunday.

The win extended Portland's MLS unbeaten streak to nine games (4-

Seattle has lost seven of its last 10 league matches (2-7-1) and was missing captain Clint Dempsey. THE ASSOCIATED PRESS

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30 Monday, July 18, 2016 metr@PLAY

23 24

RECIPE Rigatoni with Peas and Spring Onions



Ceri Marsh & Laura Keogh For Metro Canada Juice of half a large lemon
 1 This p chopped fresh mint, plus more for garnish

Satisfy your carb cravings even on a hot summer night with this easy pasta – the only part that requires the heat of the stove is boiling the water for the pasta.

Ready in

Prep time: 15 minutes Total time: 30 minutes Serves 4 to 6

Ingredients

- 500g rigatoni pasta
- 2 cups fresh or frozen peas, cooked and drained
- 11/2 cups crumbled feta cheese
- 1 bunch green onions (about 4), sliced
- 1/3 cup olive oil

Directions

- 1. Bring a large pot of salted water to boil over medium heat. Once boiling, add the pasta and cook 7 to 11 minutes, or until al dente. Drain the pasta and pour into a large bowl.
- Mix pasta with peas, onions and feta. In a small bowl, whisk olive oil, lemon juice and mint.
 Drizzle dressing over pasta and toss throughout. Sprinkle pasta with another teaspoon of fresh, chopped mint and serve.

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CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

15

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ACROSS

- 1. Tick-tick tickers Endorse 9. Porch 'instrument' sound 14. Tiredly sit, __ 15. Iridescent gem. 16. Old alphabetic symbols. 17. In a competent manner 18. Mr. Auberjonois 19. Andes people, 20. Sigma's follower 21. Smartphone communication: 2 wds. 23. Atmosphere 25. Sugar amt. 26. "_ and the Single Girl" (1964) 27. As in recent news, the NASA spacecraft Juno is in the what?: 3 wds. 32. How 33. Writer, Rita Brown 34. Over, to a poet
- 35. Legislate 37. Old airline, e.g. 39. Kindled again 43. Knowing interjections 45. NASA-like org. headquartered in Paris 47. Built 48. Where History Meets Opportunity community in Nova Scotia: 2 wds. 52. "Today" competitor [agronym] 53. Director Mr. Burton

54. Yesteryear

55. Disposable

59. Li'l round rate

63. Stead 64. Fodder holder 65. Vatican City sculpture by Michelangelo 66. Offering at the wine & cheese party

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62. Grant

67. Load

68. Impulsive

69. "Bill & _ Excellent Adventure" (1989) 70. Footwear faves from Australia

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3. 'C' of BC
4. Sleuth of sorts

5. Tedium 6. Climax 7. "_Stand Losing You" by The Police

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8. Swindle Island community in #3-Down 9. More crunchy 10. Attila, and others 11. As a precaution: 2 wds.

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12. Paltry, Statesstyle 13. Bette Davis/Errol Flynn movie, "The Pri-

vate Lives of Elizabeth and _" (1939). 21. Full amount [abbr.] 22. Canadian hockey great Phil, to fans 24. Machinery desqueaker container 27. Worry about money in a way 28. Sprinted 29. Bacon _ 30. "You Were Meant for Me" songstress 31, Ground shaker 36. Where they ran in a slapstick comedy! 38. Air Supply's "Just ___ Am" 40. 1970s salon technique for the 'Farrah' look 41, Ms. Lupino 42. Resume no. 44. _ and Span (Cleaning brand)-46. Refuges 48. Henry Fielding book of 1751 49. Seaport of Italy 50. Diner's morning order 51. Fish egg mass 52. Sort of chart 56. Ex-Senator of Mississippi, Trent 57. Military helper 58. One-of-some on a string 60. Socket's insertee 61. Green garden growth

64. Old French coin

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Be patient with family members today, because everyone can feel the buildup of tension before tomorrow's Full Moon. Avoid squabbles about shared property.

Taurus April 21 - May 21
Be patient with others today, because there is a buildup of tension before tomorrow's Full Moon.
This same tension can also promote accidents. Be careful?

Gemini May 22 - June 21
Squabbles about money and possessions might take place today because people are uptight
before tomorrow's Full Moon.
Today and tomorrow are not
the days to make your case.

Cancer June 22 - July 23
Tomorrow the Full Moon will be directly opposite your sign, which is problematic for partnerships and close friendships. You will start to see this tension build up today.

Leo July 24 - Aug. 23
It's Monday, and people at work are a bit tense because tomorrow is a Full Moon. Connect the dots. Be accommodating and patient with everyone. Ya think?

Parents must be patient with children today, because they can feel tension building up before tomorrow's Full Moon. (Even your family dog feels this.) Likewise, romantic partners need to cut each other some slack.

Libra Sept. 24 - Oct. 23
Today and tomorrow are poor day for important discussions with parents and bosses. Just do your best to juggle responsibilities at home and in your job.

Til. Scorpio Oct. 24 - Nov. 22
Today and tomorrow are accidentprone days for your sign. Therefore, slow down and pay attention
to everything you say and do.

✓ Sagittarius Nov. 23 - Dec. 21
If you have disputes about shared property or financial matters, wait until later in the week to address them. Today and tomorrow are poor days because of tomorrow's Full Moon.

Capricorn Dec. 22 - Jan. 20
The Moon is in your sign today, and tomorrow, there will be a Full Moon in your sign! Holy Lunarmania! Be patient with everyone.

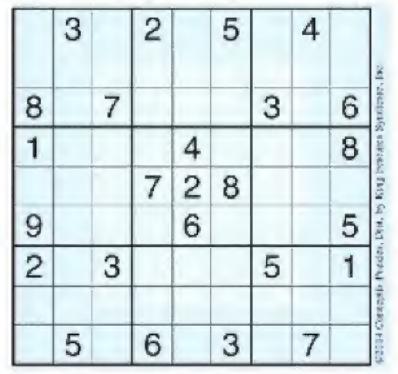
Be patient with co-workers today and tomorrow, because tomorrow there is a Full Moon. You even can feel this energy building up today. Stay mellow. Knowing this ahead of time, you can be patient to keep the peace.

H Pisces

Feb. 20 - March 20 Romance might be strained in the next two days, because of the Full Moon. Likewise, social occasions and interaction with children will be challenging.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



metr

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YESTERDAY'S ANSWERS

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